



soul feast

THE BIG LIST OF SOUL CARE IDEAS

An activity is soul care if:

- It connects you with the source of life -- God.
- It integrates your body, mind, and heart
- It encourages open-handed trust and a release of what you're not meant to carry
- It allows you to savor beauty and the Giver of all good things

70 ACTIVITIES

+ BLOGS, PODCASTS, BOOKS, & APPS

Your soul is the undercurrent of every other aspect of your life - caring for the deepest part of you is the greatest gift you can give to those around you.

SOUL CARE ACTIVITIES

1. Get out in nature
2. Journaling
 - a. Gratitude
 - b. Examen: When was I most aware of God's presence today?
 - c. God, how do you see this part of my story?
 - d. Honest prayer, followed by listening for His truth
3. Watching water, like the ripples in a pool or a cascading waterfall
4. Worship, corporate or private
5. Enjoying your favorite kind of music
6. Dancing
7. Hiking
8. Baking
9. An unhurried family meal
10. Crafting
11. Sewing
12. Knitting/crochet/macrame
13. Canning or cooking
14. Shooting hoops (a nod to my dear husband)
15. Incorporate the liturgy of morning, midday, and evening guided prayers



16. Create scripture art
17. Laughter - try [The Skit Guys](#) or [Michael Jr.](#)!
18. Fresh air walks
19. Stillness to just be with the Lord
20. Pairing a picture with scripture
21. Morning quiet time with a hot drink
22. Listen to sermons or podcasts followed by personal reflection
23. Watch a flickering candle
24. Sing around a campfire
25. Reading (especially with chocolate in hand!)
26. Cleaning house or organizing
27. [Bible verse coloring](#)
28. Pray with a [coloring guide](#)
29. Photography
30. Sketching
31. Sex (Yes, I said it. And of course I mean within marriage! Have you ever thought to give thanks while making love?)
32. Unplugged/tech-free times
33. Runs/jogs
34. [Christian Yoga](#)
35. Interact with Scripture
 - a. Word study
 - b. Context study
 - c. [Lectio divina](#)
 - d. Memorization
 - e. Imagine yourself in the story
 - f. Pray it over yourself
 - g. [Inscribe the Word](#) daily
36. Coffee with friends
37. Fasting
38. Feasting



39. Taking communion
40. Preaching the gospel to yourself
41. Star-gazing
42. Gardening
43. Poetry
44. Leisurely driving
45. Practicing a true Sabbath
46. Making cards
47. Swimming
48. Baths
49. Silence and solitude
50. Retreats
51. Adding scents/essential oils to prayer or reflection times
52. Visio divina
53. Breath prayers
54. Play an instrument
55. Share a testimony with a friend
56. Bike rides
57. Canoeing
58. Find unique rocks
59. Hammocking or swinging
60. Walking barefoot in soft sand
61. Snuggles with a pet
62. Watch old videos or flip through old photos
63. Listen to the birds
64. Confession...out loud...to another human.
65. Enjoy an art museum
66. Attend a classical concert
67. Work on a puzzle
68. Go fishing at a quiet lake
69. Camping
70. Sit by a fireplace

WEBSITES & ARTICLES

- [The Transforming Center](#)
- [Soul Shepherding](#)
- [Soul Care](#)
- [“The Currency of Friends”](#)
- [“The Internal Pacemaker”](#)
- [The Presence Project](#)
- [Hearing The Heartbeat](#)
- [“Created for Community”](#)
- [“Attachment Heals”](#)
- [“Cultivate” Series](#)
- [“Soul Space: Finding Time to Breathe”](#)
- [Elizabeth Dixon](#)
- [“Spiritual Practice” Series](#)
- [“Does God Really Care About Self-Care?”](#)
- [Lane M. Arnold](#)
- [“Why Our Hearts Matter”](#)

PODCASTS

- [Things Above](#)
- [The Next Right Thing](#)
- [Simple Spiritual Practices](#)
- [Deep Breath](#) “Self care vs. Soul care”
- [CXMH](#) - Faith & Mental Health
- [The Presence Project](#)
- [Exploring Peace Meditations](#)
- [Renewing the Center](#)

BOOKS

- [Soul Keeping](#), John Ortberg
- [The Ruthless Elimination of Hurry](#), John Mark Comer
- [Rhythms of Renewal](#), Rebekah Lyons
- [Whispers of Rest](#), Bonnie Gray
- [Sacred Rhythms](#), Ruth Haley Barton
- [Get Your Life Back](#), John Eldredge
- [Try Softer](#), Aundi Kolber
- [Invitation to a Journey](#), M. Robert Mulholland, Jr.
- [Soul Talk](#), Larry Crabb
- [Invitations from God](#), Adele Calhoun
- [Renew](#), Valerie Griffin
- [An Unhurried Life](#), Alan Fadling
- [Soul Care in African American Practice](#), Dr. Barbara Peacock ([YouTube interview here](#))
- [Sacred Rest](#), Sandra Dalton-Smith
- [Live Wide Awake](#), Laura DeGroot
- [Soul Care](#), Rob Reimer
- [Emotionally Healthy Spirituality](#), Peter Scazzero
- [Unhurried](#), Amy Jackson
- [Hearing God](#), Dallas Willard

APPS

- [Soulspace](#)
- [Pause](#)
- [Lectio365](#)
- [Abide](#)
- [Reimagining Examen](#)
- [Daily Prayer](#)

DISCOVER YOUR INDIVIDUAL SOUL CARE NEEDS

- What do you love to do? You were created to specifically find joy and experience God's goodness through that.
- How can you do what you enjoy with Jesus, thankful for and attentive to his presence?
- What causes you to look both inward and upward, reflecting on the state of your inner world while bringing it to God?
- What do you always feel internally refreshed after doing?
- What stirs a sense of wonder, delight, or contentment within you?
- What helps you let go of your anxiety and feel the assurance of His nearness?
- What piques your interest from this list?
- What did you used to enjoy that you've stopped doing?
- What sounds a little bit challenging that might stretch your soul in good ways?
- What do you know is your tried-and-true, can't-do-without-it practice?
- What will you try today? Next week? Next month? Put a reminder on your calendar so you'll come back to it.

